

Avocado, Potato, and Grilled Chicken Salad

Rating: ★★ ★

Prep time: 45 minutes

Makes: 4 Servings

Fresh avocado with red potatoes, chicken, and a lemon-yogurt dressing are a winning combination for this main-dish salad.

Ingredients

- 3 medium red potatoes
- 1 fresh ripe, avocado
- 1 **teaspoon** lemon juice
- 4 green onions (chopped)
- 1/2 medium red bell pepper (chopped)
- 8 **ounces** frozen pre-cooked grilled chicken strips (about 8 strips) (thawed, cut into bite-size pieces)
- 1 **tablespoon** olive oil
- 1 **tablespoon** cider vinegar
- 1/2 **cup** lemon non-fat yogurt
- 1 **teaspoon** ground black pepper

Directions

1. In a medium sauce pan, boil potatoes about 20 minutes, until just tender; run under cold water to cool, and cut into chunks.
2. Peel avocado and cut into chunks; coat with lemon juice.
3. Whisk olive oil, vinegar, yogurt, and pepper in a small bowl.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	300	
Total Fat	11 g	17%
Protein	19 g	
Carbohydrates	34 g	11%
Dietary Fiber	6 g	24%
Saturated Fat	2 g	10%
Sodium	280 mg	12%

MyPlate Food Groups

Vegetables	1 cup
Protein Foods	2 ounces

4. Place all ingredients in large bowl. Gently toss.

Notes

Serving Suggestions Serve with an 8 oz glass of non-fat milk, 1 slice of whole-grain bread, and apple slices.

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